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[www.travelwithfriends.com](http://www.travelwithfriends.com)

**BE IN THE KNOW BEFORE YOU GO**

**WEATHER –** Planfor hot weather during the summer days; Israel is very hot during the summer, and the coastal areas are humid as well as hot. The other three seasons, in contrast, have beautiful weather. In spring and autumn, the temperature is near-perfect every day and nearly all days are sunny (the ancient Jewish pilgrimage holidays were scheduled in Autumn and Spring to take advantage of this weather). Winter is a mixture of cold rainy days and cool, sunny days which are great for hiking and touring.

**MONEY –** Currency Exchange Rates change daily. It is not necessary to change money in Israel/Palestine, Jordan or Egypt. Major credit cards are accepted in most places. Automatic Teller Machines are available throughout the Middle East for your convenience. By using the ATM, you avoid commission charges for currency exchange. If you ask for a special favor from the hotel staff, you should tip them as you would at home. **A voluntary Love Offering for our Guide and Driver will be taken as an expression of our appreciation for their services. Suggested amount is $10/ daily per passenger.**

**PASSPORTS –** Passports should be valid for 6 months *after* the return date of your trip. All international air travel requires a U.S. passport book for re-entry into the United States. Both commercial and private planes and other aircraft must follow these guidelines. **Do not pack it in your checked baggage!**

**LUGGAGE –** You have paid porterage for one suitcase. The airlines will allow one suitcase (not to exceed 30” x 21” x 18”). Be sure all of your bags are clearly marked with your name and address. It is always advisable to pack any medicine and valuables in your carry-on bag which will always be with you. **Please remember that you are responsible for your passport and carry-on at all times.**

**CREDIT CARDS –** Credit Card companies must be notified of travel overseas. Some companies will not process charges made in other countries unless notified ahead of time for security reasons.

**PACKING TIPS**

**BE COMFORTABLE!**Pack clothes which can be worn in layers and colors which allow you to mix and match. We recommend you pack a light jacket or pullover for your international flight, as the cabin can get cold. Note that in many of the Holy Sites, shorts and sleeveless outfits are not permitted. Consider the following when you pack:

**Instructions:**

1. Pack loose-fitting, lightweight clothes for summer visits. Cotton and linen garments will keep you comfortable and can be easily laundered. Layer with a sweater for cool summer nights.
2. Take long shorts, skirts, long- and short-sleeved T-shirts, khakis, button-down shirts, sunglasses and a hat for visits between May and September, when the sun is most intense.
3. A travel alarm, camera and batteries, and a journal are also helpful.
4. Bring a jacket, a few sweaters and long pants for visits between October and April, when temperatures hover between the high 40s and high 60s. Rain Showers may fall during this period, so an umbrella is wise.
5. Pack comfortable walking shoes or sandals for sight-seeing. Darker colors will hide any dust or dirt.
6. Stash a bathing suit and sunscreen in your bag for your visit to the beach.
7. Remember insect repellent.
8. Take an electric converter and adapter.

**ELECTRICAL APPLIANCES** – The electric current in the Middle East is 220 volts. We will provide one complimentary adaptor to each passenger. To operate small American appliances, you will need both a Converter and Adaptor Plugs. For your carry-on bag we recommend a USB battery pack and cable for any devices you may bring.

**IDENTIFICATION –** Please place luggage tags on suitcases and wear name tags at all times.

**TELEPHONE CALLS –** Calling from the Middle East can be costly. It is more economical for friends and family to call overseas than for you to call home.

Here are a few suggestions for Apps that use wifi:

   

**BEAT JET LAG –** Jet Lag is a normal occurrence but there are a few things you can do to avoid this disruption to your trip.

* Wear comfortable clothes and shoes
* Plan to sleep in-flight. Don’t assume that you can’t sleep on the plane. Tell yourself you can and know that even dozing is good.
* Plan in advance and eliminate stress on your travel day.
* Eat a full balanced meal high in carbohydrates and avoid caffeine the day before you leave.
* Avoid sugar-filled foods on the day you travel (like pastries, snacks and candy) as well as coffee and tea (caffeinated or decaffeinated).
* Drink lots of fluids, but only fruit juices, vegetable juices and water (no carbonated drinks).
* Set your watch to the time at your destination upon boarding the plane.
* Watch the movie, listen to music, get comfortable with a pillow and blanket and sleep.
* In the morning (just before the plane lands) get up and go to the lavatory to wash, brush your teeth, shave – it’s a new day.
* Drink some Orange Juice to replenish your Vitamin C and eat/drink as you normally would for breakfast.
* Resist the temptation to nap after you arrive. Be active and make your body work.
* Soak up the sunshine if possible – light helps your body adjust to time.
* Don’t look back. Don’t give a thought to what time it is at home.

**SAFETY IN THE HOLY LAND**

**IS IT SAFE TO TRAVEL IN THE MIDDLE EAST?**

**The Holy Land, the region of the Middle East that is home to sites deemed holy by three world religions--Judaism, Christianity and Islam--encompasses some of the most disputed land in the world; Visitors by the millions continue to tour the region. By following security guidelines and using an experienced travel guide, tourists in the Holy Land can enjoy a safe and memorable journey. Many precautions are taken to insure a safe and enjoyable trip. Travelers often say that they feel safer on their Holy Land journey than a trip to NEW YORK CITY OR WASHINGTON, D.C.**

**WHAT SAFETY PRECAUTIONS ARE TAKEN?**

Friends Tours and Travel maintains constant contact with our Jerusalem Office and the location of our passengers is always known. We use a private bus company and only our passengers and staff are allowed onboard the buses; which will also stay in contact with other buses throughout the country. Your safety is our #1 priority.

**TRAVEL IN GROUPS**

Taking a Holy Land tour with an experienced travel guide is the best way to visit the holy places. The Holy Land is a complicated place, and guides are aware of local customs and sensitivities. They also know the intricacies involved in visiting the many different Holy Sites.

**WHAT ABOUT THE NEWS WE SEE ON TV?**

Much of what is seen on television is reporting in areas which are not places on the Christian Pilgrim route. Our Spiritual Pilgrimages do not travel into Gaza and cities such as Ramallah, Nablus, Jaffa or Hebron.

**DID YOU KNOW…**

Tourism is one of the greatest incomes for both Israel and Palestine. Record numbers visited Israel in 2017, 3.6 million tourists. This is an increase of 25% from 2016. While the locals in the land may not always be able to agree on everything all the time, they do agree when it comes to welcoming tourists to their land. Great care is given to tourists.

**Once you land in Tel Aviv, your guide will give you a Friends hat and backpack – thank you for traveling with us!**

**HOTEL CONTACT INFORMATION:**

**TO BE COMPLETED**

 **Don’t forget to follow us on Social Media!**

Facebook: Friends Tours & Travel

Instagram: @travelwithfriends

Twitter: @toursandfriends

Youtube: @FriendsToursTravel